



INTRODUCTION TO EMOTIONALLY FOCUSED THERAPY

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No Robots Here...

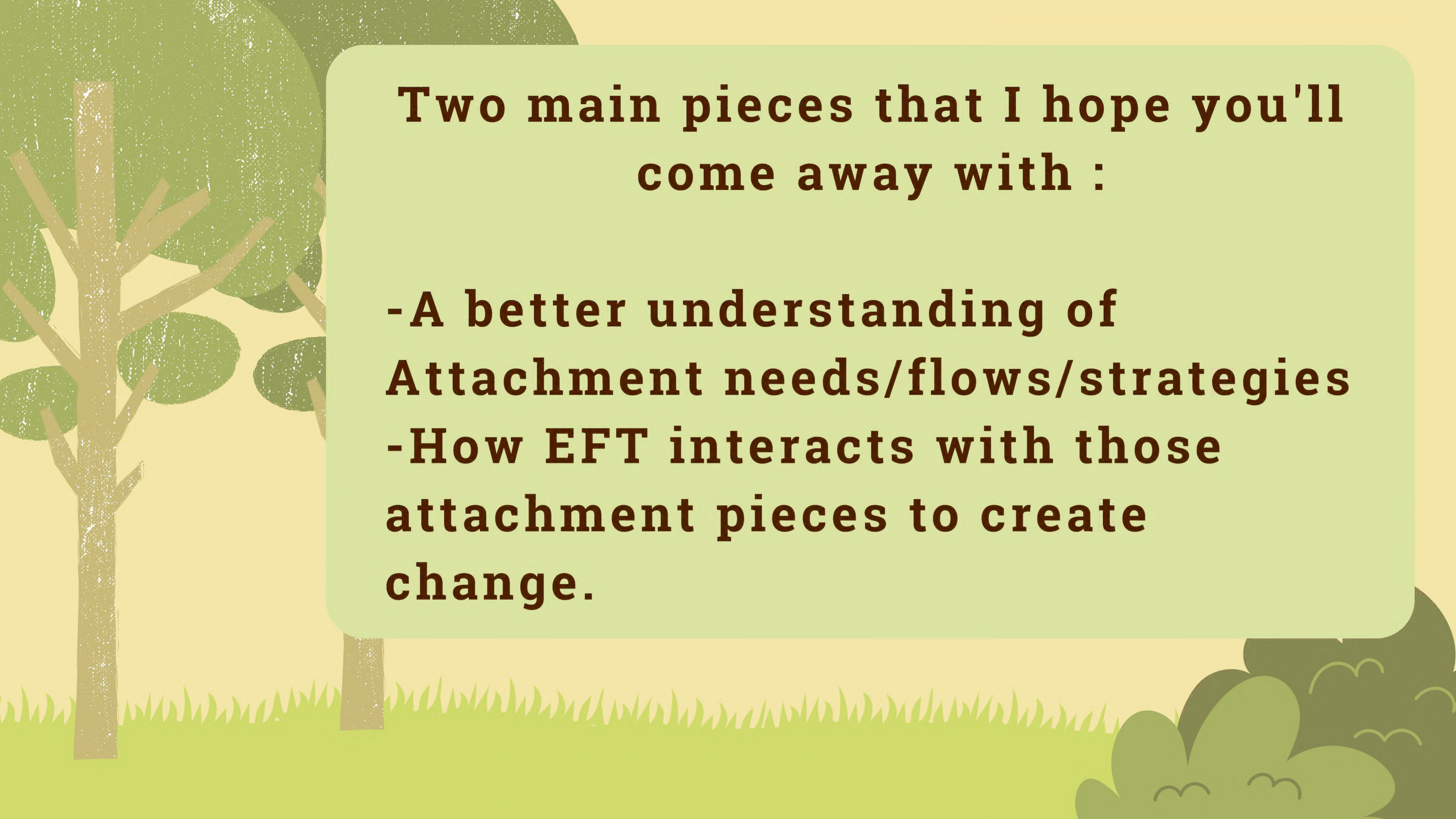




I am attacked, sir



Welcome to “here”



**Two main pieces that I hope you'll
come away with :**

- A better understanding of
Attachment needs/flows/strategies**
- How EFT interacts with those
attachment pieces to create
change.**

ATTACHMENT IS THE CODE



foxes-in-love

ANIMALS LEARN
THEIR MOST VITAL
SKILL FIRST.



HOURS OLD FOAL CAN
RUN, A NEWLY HATCHED
SNAKE CAN BITE.



BABIES CRY.

<https://foxes-in-love.tumblr.com/>
@green_fox_blue_fox



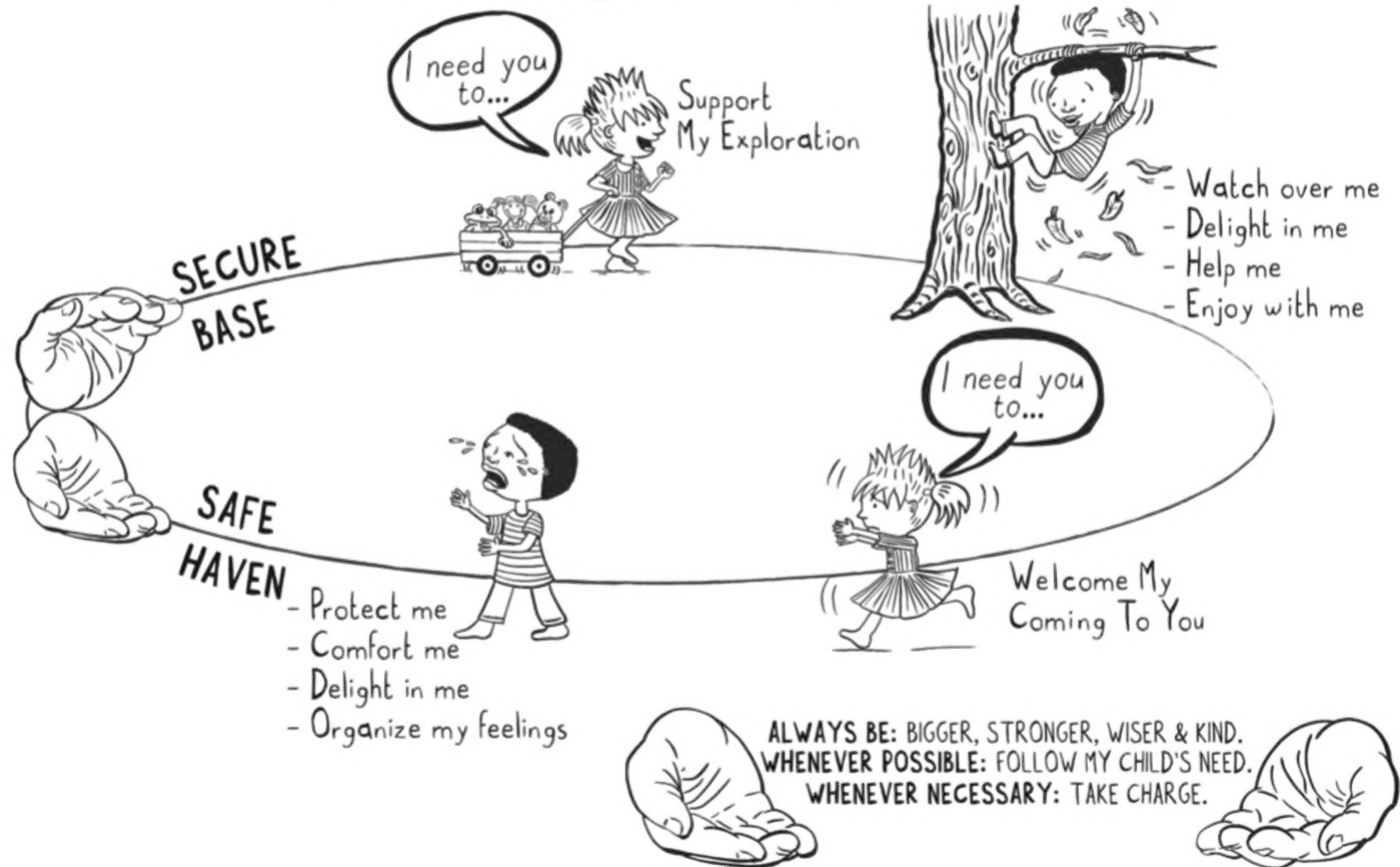
WHAT DO BABIES DO?



YOUR MOST IMPORTANT
SURVIVAL SKILL IS
ASKING FOR HELP.

Circle of Security®

Parent Attending To The Child's Needs





EFT as the "gold standard"
(whatever that means)



The Roots of Emotionally Focused Therapy



- **Attachment**
- **Experiential**
- **Rogerian**
- **Structural**

THROUGH OUR RELATIONSHIPS WITH OUR CAREGIVERS EARLY IN LIFE, WE DEVELOP BELIEFS ABOUT THE WORLD THAT INFORM OUR ABILITY TO FORM MEANINGFUL AND SATISFYING BONDS. THOSE BELIEFS ARE LARGELY ABOUT WHETHER OR NOT WE CAN EXPECT TO GET OUR NEEDS MET.

ATTACHMENT: A FOCUSED, ENDURING AND EMOTIONALLY MEANINGFUL RELATIONSHIP BETWEEN TWO PEOPLE, CHARACTERISED BY SEEKING TO GAIN OR MAINTAIN PROXIMITY THROUGH PHYSICAL CONTACT OR COMMUNICATION.

**Attachment is a threat-
management strategy**





**Secure attachment stems from
caregivers who are:**

- **AVAILABLE**
- **RESPONSIVE**
- **EMOTIONALLY ENGAGED**
(Emotional Engagement =
Attunement)



**This father is trying to
comfort his little baby...**



Attachment Needs

- Need for acceptance
- Need for closeness
- Need for understanding
- Need to feel important
- Need to feel loved
- Need for appreciation
- Need to be cared for
- Need to be respected

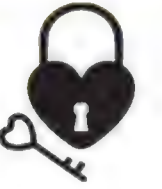
Baby



Receive
Comfort



Core Skills 2



Empathic
Response

Dad



Bonding Flow



Access
Pain/Fear/Longing



Share/Reach



Access
Empathy





Image Credit: <https://www.insider.com/guides/health/sex-relationships/attachment-styles>



**Receive
Comfort**



**Empathic
Response**



Blocked Bonding flow

**Access
Pain/Fear/Longing**



Share/Reach



**Access
Empathy**



Attachment Fears

- **Fear of being rejected**
- **Fear of being abandoned**
- **Fear of not being seen**
- **Fear of not measuring up**
- **Fear of being a failure**
- **Fear of not being accepted**
- **Fear of being unlovable**
- **Fear of being controlled**

Insecure Attachment



Anxious

Image Credit: <https://www.insider.com/guides/health/sex-relationships/attachment-styles>



Avoidant

Image Credit: <https://www.insider.com/guides/health/sex-relationships/attachment-styles>



Disorganized

Image Credit: <https://www.insider.com/guides/health/sex-relationships/attachment-styles>

Childhood Experiences of the Insecurely Attached!

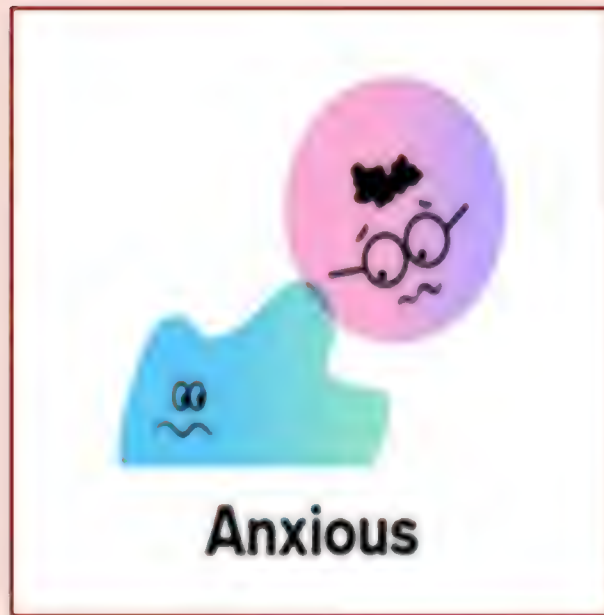


Image Credit: <https://www.insider.com/guides/health/sex-relationships/attachment-styles>

**Inconsistent
Response**







Image Credit: <https://www.insider.com/guides/health/sex-relationships/attachment-styles>

**Consistently
Unresponsive**



Image Credit: <https://www.insider.com/guides/health/sex-relationships/attachment-styles>

**Consistently
Scary
Response**

Attachment Style	View of Self	View of Other
	Secure	+
	Anxious	+
	Avoidant	-
	Disorganized	-

Styles vs Strategies


**Turning UP the Volume
aka "protest"**

**Turning DOWN the Volume
aka "protect"**

Honoring Attachment Strategies

Getting critical or chasing after partner in the hopes of changing the dynamic.

Responding dismissively or walking away in the hope that will avoid the fight.



Culture, Context, and Chemistry



Getting Couples to "Earned Secure"



Questions?



**New Attachment Experiences,
Just what the therapist ordered!**



Theory of change: By bringing clients back to those places where they have struggled in the past, and giving them a new experience, they no longer see those places as threatening, and their capacity to reach vulnerably comes back online

Model Overview

Stage 1: Stabalization/Deescalation:
(assessment, attachment history, cycle tracking, unite against the cycle, learning how to pause)

Stage 2: Restructuring the Bond: (Reengaging withdrawn partner, softening pursuing partner, honoring needs)

Stage 3: Consolidation + Content



Contraindications: The Four A's

- **Active Abuse**
- **Active Affairs**
- **Active Addictions**
- **Different Aims**



Teaching Your Clients EFT: First Session



The Speed of Emotion

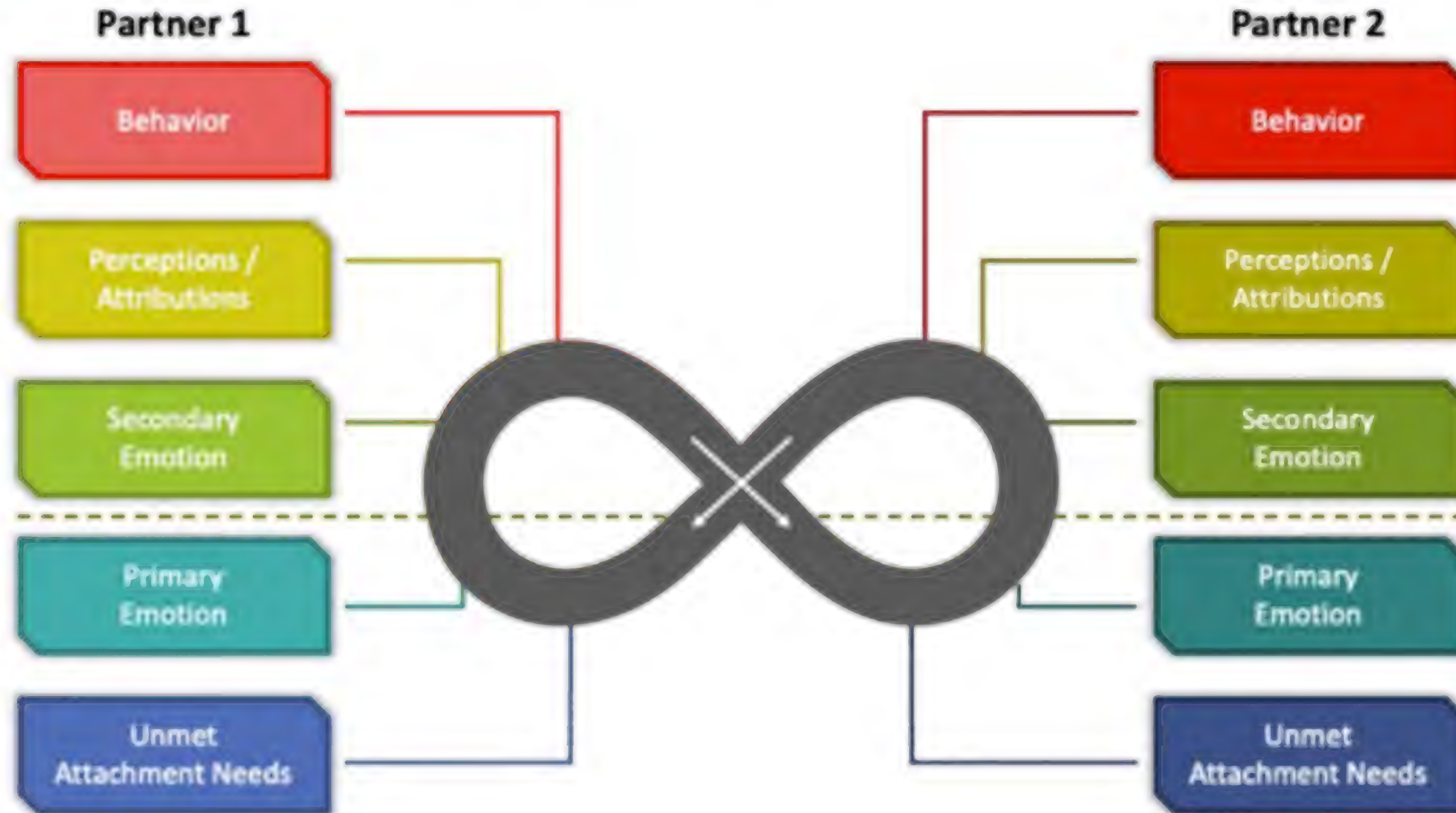
- **1/10th of a second for you to feel it and for the emotion to register on your face**
- **6/10ths of a second for your brain to appraise it and let you know that there is no threat**

Tracking the Cycle

We get a CUE that is rapidly assessed by our limbic system as a threat to our safety or the security of our attachments, which triggers a VULNERABLE EMOTION about an unmet or under threat ATTACHMENT NEED that impels our body to prepare for fight, flight or freeze, causing us to experience a PHYSIOLOGICAL RESPONSE that we attempt to make sense of with a COGNITIVE APPRAISAL which in turn makes us feel a REACTIVE EMOTION that feels safer, moving us to take a PROTECTIVE ACTION.

EMOTIONALLY FOCUSED THERAPY

The EFT Cycle Working "Within and Between"



THE 5 Basic Moves of EFT

Repeat these 5 moves again and again, as you move through the steps and stages of EFT.




Tracking
Assembling
eNactment
Go over
Organize



**Tracking the cycle: "what do you do
when your partner does that"**

**When my partner tells me "don't
worry" in response to my concern I
tell him how dumb he is.**



Assembling the Cycle

"When you call me a doodoohead I feel insulted and hurt and think that you don't care about me. I then ignore you in the hope that you will see how much you've hurt me"

Assembling the Cycle

what do you feel when he does that?

-dismissed invalidated

**what thoughts are going through your
head right before you critique?**

-he doesn't care about me

what are you hoping to communicate?

-that he can't keep doing that

Assembling the Cycle

"When I try to bring up money and you tell me "don't worry" I feel dismissed and invalidated and think that you don't care about my concerns. I then roll my eyes and call you "bad with money" in the hope that you will change."

The background features a light yellow-green gradient. On the left and right sides, there are stylized trees with brown trunks and green, rounded foliage. At the bottom, there is a row of green grass. In the bottom right corner, there is a small, dark green bush.

What do you do?

Trigger

Emotion

Meaning

Protection

(Organize)

The background features a stylized landscape with two trees on the left and right sides, each with a brown trunk and a green, rounded canopy. At the bottom, there is a green grassy field and a dark green bush on the right. The text "Share/Discuss" is centered in the upper half of the image.

Share/Discuss

The background features a light yellow-green gradient. On the left and right sides, there are stylized green trees with brown trunks and branches. At the bottom, there is a row of green grass. The text is centered in the upper half of the image.

Reflect

Attune

Attachify

Validate

Empathize/

Explore

Enactments: Sharing about the Cycle

**Sharing to own and
acknowledge your
position in the cycle**

Processing the Enactment

"I totally recognize that moment! Thank you for acknowledging that you do that--I think I understand a little more about why"

Key Reframes:

- Fighting the cycle together**
- Adding Attachment Context**
- Gesturing toward Secure Attachment**
- Bringing it into the present**

Organizing the Cycle: Cycle Summaries



The background is a solid light yellow. On the left side, there are two stylized trees with brown trunks and green, rounded foliage. At the bottom of the image, there is a horizontal band of green grass. In the bottom right corner, there are stylized green bushes or shrubs.

Demon Dances!

How Do You Know the Couple is Deescalated?

The couple can articulate the cycle while staying grounded and calm

The couple can acknowledge the impact their moves have on one another


While calm, each partner can offer grace for their partners move



Questions?



Breathe



Stage 2:
"No risk-y, no get-y"

Withdrawer Reengagement



Avoidant




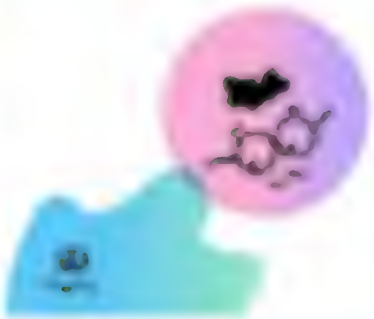


Disorganized

"I'm Afraid if I didn't..."

Pursuer Softening




"I'm Afraid if I didn't..."

Attachment Style	View of Self	View of Other
	Secure	+
	Anxious	+
	Avoidant	-
	Disorganized	-

Client experiences of Stage 2


**Ongoing change process
Constant tweaking of reaching
and responding**





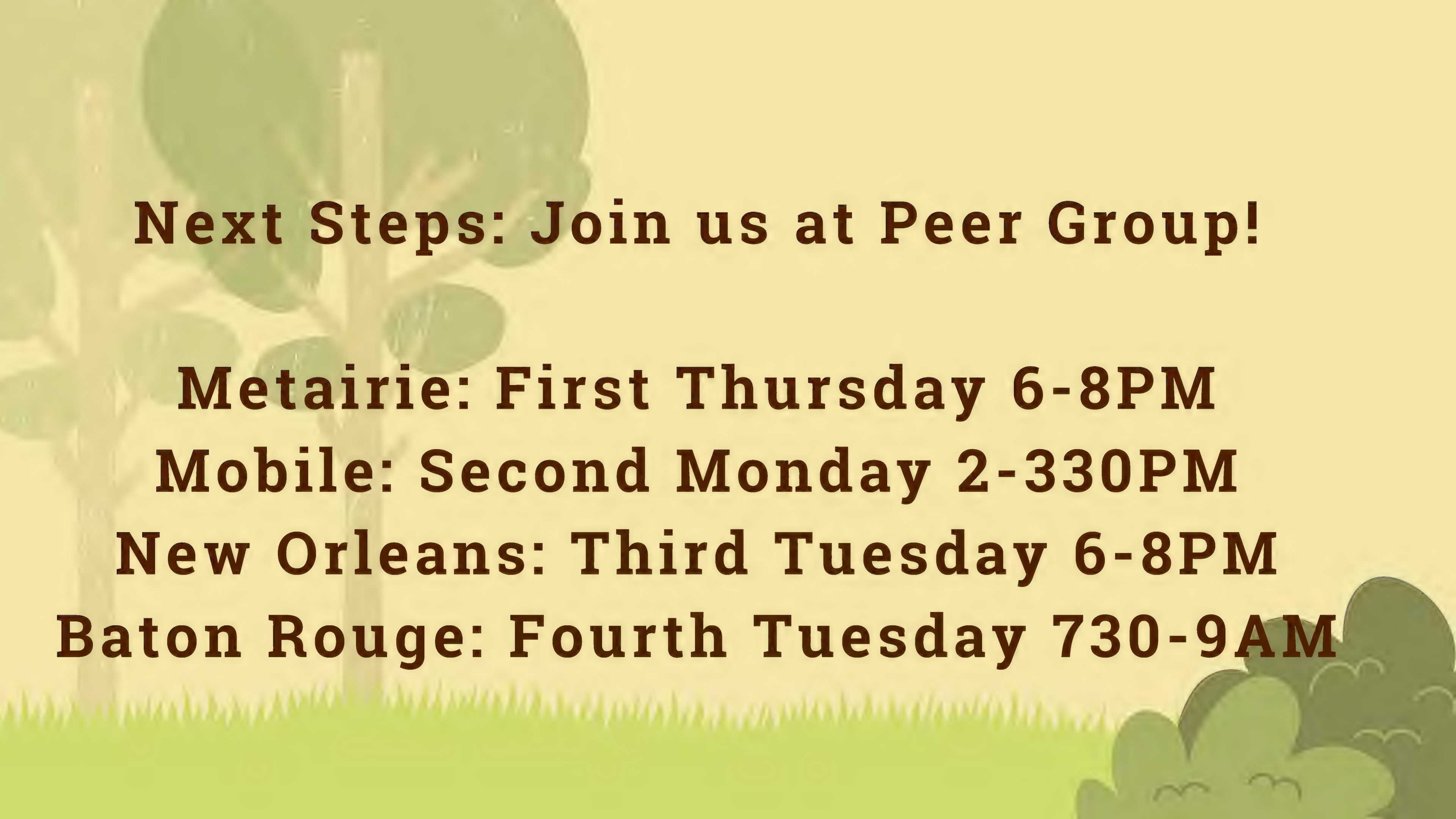
Asking for what you need

Stage 3

The background is a stylized illustration of a landscape. On the left, there is a mountain range with jagged peaks in various shades of green. In the foreground, there are rolling green hills. To the right, three tall, thin trees with rounded green canopies stand on a hill. The sky is a solid light yellow color. The text 'Stage 3' is centered in the middle of the image.

Faith in the Attachment System





Next Steps: Join us at Peer Group!

Metairie: First Thursday 6-8PM

Mobile: Second Monday 2-330PM


New Orleans: Third Tuesday 6-8PM

Baton Rouge: Fourth Tuesday 730-9AM

The background features a stylized illustration of a landscape. On the left, there are two tall trees with brown trunks and green, rounded foliage. At the bottom, there is a row of green grass. In the bottom right corner, there are some dark green, rounded bushes. The overall color palette is warm, with a light yellow background.

Next Steps

Externship 2025?



What I hope you leave here with:

- Attachment Lens

- Map of Sessions (tango)

- Map of Treatment (stages)

Keep an eye on your inbox!





Questions?